

# Outdoor First Aid

This comprehensive two-day qualification is designed for outdoor professionals and employees who work in rural or remote environments. It will enable learners to undertake the role of the First Aider when emergency medical assistance could be more than 30 minutes away.

It will provide learners with the skills and knowledge to respond to a range of emergency outdoor situations including when and how to move a casualty, major illnesses and injuries, administering CPR and managing an unresponsive casualty.



## RQF Level 3 Award

Qualification title:	<b>FAA Level 3 Award in Outdoor First Aid (RQF)</b>	Code:	<b>601/8627/6</b>
Unit 1 title:	<b>Outdoor Emergency Action</b>	Unit 1 code:	<b>K/508/3085</b>
Unit 2 title:	<b>Outdoor Incident Management</b>	Unit 2 code:	<b>M/508/3086</b>

The qualification meets the Outdoor First Aid Band 3 requirements set by the Institute for Outdoor Learning and the requirements for the first aid element of the expedition syllabus for the bronze, silver and gold Duke of Edinburgh awards.

## Duration

The minimum classroom contact time of 16 hours must be delivered over a minimum of 2 days. The course can be spread over a maximum period of 9 weeks ensuring that each session is a minimum of two hours.

## Syllabus

A range of outdoor First Aid related subjects are covered including:

- What is outdoor first aid?
- Bones, joints and muscle injuries
- Monitoring
- Major illnesses
- Secondary assessment
- Burns
- Wounds and bleeding
- Bites and stings
- Incident management
- Summon assistance
- Chest and abdominal injuries
- Primary survey
- Extreme heat and cold
- Disorders of respiration
- Poisoning
- First aid equipment
- Head and spinal injuries
- Scene survey
- Anaphylaxis
- Resuscitation
- Eye injuries
- Hypovolaemic shock

## Certification and requalification

The qualification is valid for three years from the date of achievement.

Learners will need to complete the full course again to requalify for a further three years. It should be noted that if the qualification expires a person is no longer considered competent to act as a first aider in the workplace.

## Assessment

The assessment is carried out through practical demonstration, oral questioning and a written assessment paper. Scenarios will be set to allow learners to demonstrate the skills and knowledge they have gained.

## Numbers

A maximum of 12 students are allowed and must be a minimum of 16 years of age and a certificate can be offered to all, subject to assessment.

A learner cannot assume a responsibility in the workplace until they reach the age of 16, and then it is the employer's responsibility to ensure that the person is suitable for that role.

